

## **HHS Launches Diabetes Campaign**

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WASHINGTON — The government launched a national diabetes prevention campaign Wednesday, promoting modest lifestyle changes as a way to help prevent the onset of the disease.

The campaign, "Small Steps, Big Rewards," stresses that a healthy diet and exercise can help people reduce the risk of type 2 diabetes – the most common form of the disease.

"This campaign says that there is hope for the millions of Americans who are at risk for developing diabetes," Health and Human Services Secretary Tommy G. Thompson said. "You don't have to be a marathon runner or starve yourself to prevent diabetes. You can make small changes and take small steps that translate into big rewards."

The new campaign will be run by the National Diabetes Education Program, which is jointly sponsored by HHS' National Institutes of Health and the Centers for Disease Control and Prevention.

About 17 million Americans have diabetes, including about 16 million with type 2, according to HHS. At least 16 million more have pre-diabetes, a condition that raises a person's risk of getting type 2 diabetes.

Nationally, diabetes has increased nearly 50 percent in the past 10 years, according to the CDC.

The campaign grew out a study sponsored by NIH that showed that people with pre-diabetes can delay and possibly prevent type 2 diabetes by losing 5 to 7 percent of their body weight through moderate changes in diet and exercise.

To receive an information packet about diabetes, contact Brenda Bodily or the Utah Department of Health Diabetes Control Program at (801) 538-6896. To learn more about the "Small Steps, Big Rewards" Campaign visit [www.ndep.nih.gov](http://www.ndep.nih.gov).